

**SACRAMENTO SUPERIOR COURT  
ANGER MANAGEMENT SERVICES  
February 7, 2020**

**\* This list is maintained solely as a service to Family Court litigants and constitutes neither an endorsement nor recommendation by the Court.**

Any provider offering Anger Management Services must meet the following criterion at a minimum to qualify as an anger management facilitator.

1. Has completed forty hours of anger management facilitator training with emphasis in each of the following areas:
  - Adult, parent, child anger management
  - Child development, from birth through adolescence
  - Family and domestic violence
  - Family conflict and anxiety
  - Stress management child abuse
2. Uses a reliable assessment tool that includes a **Pre-** and **Post-**Test to measure outcomes.
3. Receives 16 hours of continuing education annually in any of the above areas.

Any provider offering anger management for clients referred from Family Court must address at least the following core topics during the anger management program:

- Gaining personal control
- Stress Management
- Basic Communication Skills
- Role Modeling and Positive Parenting Reinforcement
- Child Abuse and Corporal Punishment
- Coping with Stress
- Triggers, Provocation and Alternative Responses
- Identifying Distorted Thinking
- Irrational Beliefs
- Identifying and Expressing Needs
- Assertiveness vs. Bullying

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<p>\ Breaking Through Anger 1381 Florin Road Sacramento, CA 95822 Phone: (916) 479-5316 Email: <a href="mailto:breakingthroughanger@gmail.com">breakingthroughanger@gmail.com</a> Web: <a href="http://breakingthruanger.com">breakingthruanger.com</a> Contact: Valerie Andrews</p>	<p>Changing Passage Family Service 2377 Gold Meadow Way Gold River, CA 95670 Phone: (916) 985-4887 Email: <a href="mailto:tadams@changingpassage.com">tadams@changingpassage.com</a> Web: <a href="http://www.changingpassage.com">www.changingpassage.com</a> Contact: Terrance Adams</p>

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<p>Face of Grace 5407 Palm Avenue Sacramento, CA 95841 Phone: (916) 289-9380 Email: <a href="mailto:edwardd1919@gmail.com">edwardd1919@gmail.com</a> Web: <a href="http://www.faceofgrace.dov">www.faceofgrace.dov</a> Contact: Edward Clark</p>	<p>Healing Pathways Psychological Svcs 2710 "X" Street, #1 Sacramento, CA 95818 Phone: (916) 595-7233 Fax: (916) 453-9093 Email: <a href="mailto:lkashersky@live.com">lkashersky@live.com</a> Website: <a href="http://www.sacramentocounseling.net">www.sacramentocounseling.net</a> Contact: Dr. Leona Kashersky</p>

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